It's Breakfast Time!

Name_____

Answer the following questions and set a breakfast goal for yourself at the bottom of the page.

I eat breakfast _____ days a week.

My favorite food to eat for breakfast is _____.
(Remember, it does not have to be an actual breakfast food)

I think this food is healthy/unhealthy (circle one) because_____
_____.

I first started eating this food_____.

I know that if I skip breakfast, these things might happen:
1. _____

2._____

3._____

Breakfast is important because _____.

I have made the following breakfast goal for myself:
_____
_____

I will work very hard to accomplish my goal. I will use small steps to accomplish my goal. I will reward myself for doing a good job and for reaching my goal.

Signature _____ Date _____

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